



NATIONAL CONFERENCE *of* STATE LEGISLATURES
The Forum for America's Ideas



Introduction to the Myers-Briggs Type Indicator (MBTI)

Alaska Legislative Staff
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1:00 pm – 3:15 pm

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INTRODUCTION and OVERVIEW

A quick overview of today's plan.
Why are we here?
What can we accomplish this afternoon?

PART I: TAKING THE MBTI ASSESSMENT

It's an indicator, not a test.
Establishing a mindset.

PART II: INTRODUCING THE MBTI ASSESSMENT

What are preferences?
The MBTI preference pairs.
Type versus Trait.

PART III: YOUR MBTI SELF-ASSESSMENT & "BEST-FIT" TYPE

Discussion of type dichotomies.
Self-assessment of types.
Finding your "best-fit."
Completing the Type Table.

BREAK

PART IV: UNDERSTANDING and APPLYING MBTI

Discovery of applications of MBTI to your work and workplace.
How can MBTI make you a better manager?

WRAP-UP and FINAL THOUGHTS